

## Association between Sleep Hygiene Practices and Sleep Quality in Medical Students

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### Objectives

poor quality of sleep is a distressing and worrying condition that can disturb academic performance of medical students. Sleep hygiene practices is one of the important variables that affects sleep quality. The objective of this study was to assess association between sleep hygiene practices and sleep quality of medical students in Qazvin University of medical sciences.



## Methods

In this descriptive study, a total of 285 medical students completed a self-administered questionnaire. Demographic data, sleep-wake schedule in weekday and weekend, and sleep duration were collected. Students' sleep quality was assessed by Pittsburgh Sleep Quality Index (PSQI). Data were entered on SPSS software version 17.

## Results

Of the total study population, 150 were female (52.6%). Mean age of students was  $22.8 \pm 1.74$  years. Overall, 164 (57.5%) of students had poor sleep quality. Mean global PSQI score and average score of four its subscales were significantly higher in male than female. Regression analysis showed that boys, students at senior level, married students, and those with six improper sleep hygiene practices slept worse.

## Conclusion

The findings of this study showed that the prevalence of poor sleep quality in medical students is high. Improper sleep hygiene behaviors might be a reason for poor quality of sleep in medical students.